



Monday	Tuesday	Wednesday	Thursday	Friday
Strength Training – 9.30a M&M Exercise – 11a Francis Scott Key Birthday Recognition – 12.30p Cards & Games – 12.30p Zumba Gold* - 4.30p	1 ILR Watercolor class# - 10a Strength Training – 11a Mah Jongg – 11.130a Alzheimer's Support – 1p Chair Yoga* – 12.30p Bingo – 12.30p Watercolor Club – 1p	3 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p Winning The Paper Battle* .5p	4 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Brain Games – 12.30p Beat the Heat with an Ice Cream Treat – 1p Knitting Club – 1.30p Tai Chi* 1.30p	5 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Groceries For Seniors – 1p Mah Jongg – 1p Pickleball – 2-4p
Strength Training – 9.30a SRC Book Club – 10a-12n M&M Exercise – 11a Honors Class# – 11a – 1p Sub Special lunch* – 12n Ukulele Anyone? -12.30p Cards & Games – 12.30p Zumba Gold* - 4.30p	8 ILR Watercolor class# - 10a Strength Training – 11a Mah Jongg – 11.130a Bingo – 12.30p Watercolor Club – 1p	9 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Line Dancing* - 1.30p	10 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Cards & Games – 12.30p	11 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Mah Jongg – 1p Pickleball – 2-4p
Strength Training – 9.30a M&M Exercise – 11a Make & Take Craft – 12.30p Cards & Games – 12.30p Zumba Gold* - 4.30p	15 ILR Watercolor class# - 10a Strength Training – 11a Mah Jongg – 11.130a Luau* - 11.30a Bingo – 12.30p Watercolor Club – 1p	16 Strength Training – 9a Bridge# - 9a Intro to Medicare* – 9.30a Rummikub – 10a Spanish Class – 10.15a Computer Discuss Grp – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Free session- Zumba Gold - 12.30p Line Dancing* - 1.30p	17 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Ask Nurse Steve – 12.30p Knitting Club – 1.30p	18 Roundtop Mt. Adventure Trip* - 9.30a Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Free Session- Zumba Gold - 12.30p Mah Jongg – 1p Pickleball – 2-4p
Strength Training – 9.30a M&M Exercise – 11a Music Time w/Peter Baugher & Betty – 12.30p Cards & Games – 12.30p Zumba Gold* - 4.30p	22 ILR Watercolor class# - 10a Intro to Medicare* – 9.30a Strength Training – 11a Mah Jongg – 11.130a Bingo – 12.30p Watercolor Club – 1p	23 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p New Class Starts today: Zumba Gold* - 12.30p Line Dancing* - 1.30p	24 Quilting – 9a Strength Training – 11am Baked Potato Bar lunch* - 12p Nutrition in a Potato Skin -12.30p Chair Yoga* - 12.15p FCPL Bookmobile – 1p FDS- Cards & Games 12:30p	25 Barn Quilt Trail Trip* - 9a Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Pickleball – 2-4p
Video Exercise – 11a Cards & Games – 12.30p Zumba Gold* - 4.30p	29 ILR Watercolor class# - 10a Mah Jongg – 11.130a Bingo – 12.30p Watercolor Club – 1p	30 Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a Video Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p Caregiver Support – 1.30p	31 <div>  <p>UPDATED Activity Schedule!</p> <p>AUGUST 2016</p> <p>Frederick Senior Center</p> <p>301.600.1048 meals 301.600.1605 for info</p>  </div>	

*Pre-registration Required. #Participation limited, call for details. Fees may apply for some classes and programs.